Vol. 63, No. 16 Tyndall Air Force Base, Fla. Gulf Defender April 30, 2004

In brief

Estate claim

Brig. Gen. Larry New, 325th Fighter Wing commander, regretfully announces the death of Senior Master Sgt. Scott Sutherland of the 325th Aircraft Maintenance Squadron.

Anyone having claims against, or indebtedness to, the estate of Sergeant Sutherland should contact 1st Lt. Leonard Shores, 325th AMXS summary court officer, at 283-3393.

Water outtage

325th Civil Engineering Squadron Utility Maintenance members will be replacing a fire hydrant in Bayview Housing from 10 a.m. to 1 p.m. Thursday. The affected houses will be 2341,2343, 2380, 2383, 2385, 2393, and 2397. Occupants may experience discolored water during this period and for several days afterwards.

For more information call customer service at 283-4949.

Inside

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Training wheels

Tech Sgt. Larry Ilkenhans and Staff Sgt. Andrew Taylor, 325th Security Forces Squadron all-terrain vehicle instructors, monitor and round up a group of students on the ATV rider course here Monday. ATV lessons are given on a scheduled basis throughout the year for units or for deploying members.

AETC launches 'Operation Safe Summer'

This year's 101 Critical Days of Summer campaign slated to prevent mishaps

MASTER SGT. JULIE BRIGGS

Air Education and Training Command public affairs

RANDOLPH AIR FORCE BASE, Texas (AETCNS) — People assigned to Air Education and Training Command will receive at least four hours of mishap prevention briefings in May as part of Operation Safe Summer, the name for the command's 101 Critical Days of Summer safety campaign.

Gen. Don Cook, AETC commander, directed commanders at all levels to conduct the briefings between May 14 and May 28 to prepare for Operation Safe Summer, which begins May 29 and

ends Sept. 6.

That period of 101 days between the Memorial Day and La-

recreation mishaps, safety officials here said.

During the May briefings, com-

"m confident with the right operational mindset — both on and off duty — we can complete this summer fatality free."

GEN. DON COOK

Commander of Air Education and Training Command



bor Day weekend is when the Air Force traditionally experiences an increase in off-duty travel and manders will review personal and operational risk management techniques, discuss safe driving practices, and how to remain safe during summer activities such as swimming and boating. They will also discus local safety hazards and how vacations, moves and accelerated summer training can distract even the most safety-conscious person.

"By deploying and training personnel in support of the global war on terrorism, AETC continues to secure our nation's freedoms and the freedoms of our friends throughout the world," General Cook wrote in his safety stand-down order.

"At the same time, our command remains focused on educat-

•SEE AETC PAGE 3

Training the best air dominance team for America

America's Airmen fighting the war on terrorism

JAMES ROCHE

Secretary of the Air Force

"The world needs America's leadership. ... Democracy and freedom are threatened around the world. ... It would be easy for America to withdraw behind the oceans. ... What you do saves our countries from the threat of worldwide terror. ... We support you and respect you."

— Mayor Jean-Pierre Dardenne, April 13, 2004

The mayor of LaRoche-on-Ardennes, Belgium delivered those stirring words on the first day of my trip to visit our deployed Airmen as we remembered the sacrifices of a previous generation. With the World War II crash site of an Air Corps B-17 bomber as the backdrop, his compelling address set the tone for my eightday, seven-country journey. He praised our strength of purpose in Iraq and elsewhere in the world, and noted that without it, democracy and liberty were threatened. He encouraged us to stay the course, and relayed the support of the citizens of Belgium for our leadership in the war on terrorism. As I stood alongside the mayor on that Belgian hilltop, it made me incredibly proud to be an American, and to serve our nation and freedom-loving people every-

Like the United States in the 21st Century, Belgium in the 20th Century suffered foreign aggression and brutal attacks that forever changed their perspective on the value of freedom. As we continue our fight in the war on terrorism, we should consider this history. It reminds us that there is no greater motivator,

we must remember that the threat continues to metastasize, and that we face a factional insurgency that threatens the Iraqi people's wonderful opportunity for freedom. We must stay focused, and on the offensive to root out



Freedom is not a privilege reserved for some, it is a right for every nation and people, and only by ensuring freedom will we enjoy peace and security around the globe."

JAMES ROCHE
Secretary of the Air Force

no force for change more compelling, no condition more worthy than freedom. Freedom is not a privilege reserved for some, it is a right for every nation and people, and only by ensuring freedom will we enjoy peace and security around the globe.

From Western Europe, to Central Asia, to the Persian Gulf, I visited our Airmen currently serving this worthy cause. As I traveled throughout these regions, I asked our folks to keep the following points in mind; I ask each of you to do so as well:

1) We are at war. The cancer of al Qaeda is not gone, and radicalism and technology combine in a deadly mix. As recent bombings in Turkey and Spain demonstrate, there are no safe havens. Although we have made progress,

and destroy these grave threats — in Afghanistan, in Iraq, in the ungoverned regions in the Horn of Africa, and around the globe. This campaign will last a long time; your vigilance and focus will make the difference between success and failure in this important cause.

- 2) We are evolving the Air Force to this new era. Our focus on Core Competencies has had a dramatic payoff in operations around the globe, as has our renewed emphasis on close air support, and integration with ground forces. Throughout my visit, I witnessed the professionalism of our Airmen in a variety of settings and missions:
- Flying with NATO Squadron 1 of the NATO Airborne Early Warning and Control Force over the Balkans, I observed our efforts

to preserve stability for the people of that troubled region;

- Our team at Incirlik Air Base, Turkey has made dramatic improvements to support forces transiting the theater, and are prepared to dramatically expand their footprint if required;
- In Manas, Kyrgyzstan, our Airmen operate and sustain Ganci Air Base, the strategic hub for ground forces entering Afghanistan. Their aerial port, intra-theater lift, medevac, and aerial refueling missions make this former Soviet base vital to our pursuit of terrorists in the region;
- —At Karshi-Khanabad in Uzbekistan, Soldiers and Airmen work side-by-side, delivering special operations, combat search and rescue, and theater lift to our combatants;
- At Bagram Air Base, Afghanistan, the focal point of our joint force, our Airmen there exemplify the expeditionary mindset, and are providing the air-to-ground cooperation that General Jumper and I have envisioned. Major General Eric Olsen, the U.S. Army officer commanding CJTF-180, called air and space power his "hammer" in the fight against a distributed, resilient enemy;
- —In Qatar, our mobility, reconnaissance, C2, and strike forces integrated their capabilities to produce a range of effects. I had the opportunity to fly with the "Alley Cats" of the 128th

•SEE FREEDOM PAGE 3

Gearing up for safe summer should start now

BRIG. GEN. LARRY NEW

325th Fighter Wing commander

As a commander, I have many opportunities to recognize folks who work under my command for their work and contribution to the mission. However, it isn't often I have the opportunity to recognize or thank folks in our associate units for their role in our nation's defense.

First, join me in congratulating Canadian Forces Brig. Gen. Charles Bouchard, 1st Air Force deputy commander, who was selected for promotion to the rank of major general.

Congratulations, General Bouchard, on a much deserved promotion. I wish you and your family all the best in the future.

I also want to congratulate another member of the 1st Air Force family. Maj. Shomella Labee, 1st Air Force chief of medical plans, was selected for promotion to the rank of lieutenant colonel. Congratulations, Shomella, on this significant milestone in your Air Force career.

As we roll into the month of May, I want to take a moment to talk about a couple significant items.

First, the "101 Critical Days of Summer" is quickly approaching and I want to stress to folks the need to ensure personal safety. Many think of safety as just a checklist item when working with equipment, preparing for a trip or participating in various activities, but taking it one step further, safety is a practice and an important part of everything we do. Don't wait until the 101 Critical Days begins; make sure you are always thinking about safety—yours and that of those around you.

•SEE SAFETY PAGE 6

Action Line

The Action Line is your direct line to me. It is one way to make Tyndall a better place to work and live.

Action Line calls are recorded and staffed through the proper agency. The goal is to provide you with an accurate, timely response. You must leave your name, phone number or address to receive a response.

Questions or comments of general interest will be published in this forum. This avenue should only be used after coordinating problems or concerns with supervisors, commanders, first sergeants or facility managers. If you're not satisfied with the response or you are unable to resolve the problem, call me at 283-2255.

BRIG. GEN. LARRY NEW
325th Fighter Wing commander

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For more information, or to advertise in the newspaper, call (850) 747-5000.

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• From FREEDOM Page 2

Expeditionary Air Command and Control Squadron over Afghanistan. This superb JSTARS team expertly combined with the Predator, Rivet Joint, Special Operations Forces, and strike assets to produce a lethal package of combat capability;

— The Total Force team in Morón, Spain, provides critical support to the largest swap out of military forces in history. I'm proud of what they are doing for our Air Force and for the Soldiers and Marines transiting this irreplaceable gateway to Southwest and Central Asia.

At every stop, our base defenders, maintainers, communicators, engineers, and logisticians were making the mission happen, despite a variety of challenges from land mines to host nation limitations. Our Airmen were mission-focused, and highly motivated, a tribute to leaders and supervisors — at home station and those forward deployed.

3) Respect and care for every Airman. During every stop, I also spoke about the obligation we have to respect the competence and excellence of our fellow Airmen, regardless of gen-

der, ethnic origin, or race. Every Airman should view another Airman as their wingman, someone in whom they can trust their life. We cannot and will not tolerate sexual assault or harassment of any kind. We cannot have any Airman afraid of any other Airman. These offenses are contrary to good order and discipline and undermine the character and integrity of every member of our team.

Respecting and caring for each other also means helping your fellow Airmen during times of stress. Each of us also has a responsibility to identify and help prevent suicides. Worry about each other, care for each other, and when you spot depression, let someone know or intervene yourself. Our success as a service depends on this special brand of trust, loyalty, and personal fortitude.

During my travels, I was again convinced of a fact you know to be true: we are the world's finest air and space force, and this generation is indeed worthy of America's admiration and praise. You are serving proudly in this just cause, and I am honored to help lead this great team.

• From AETC Page 1

ing and training Airmen to sustain the Air Force's combat capability.

As such, I am fully aware we are operating at a high tempo.

"With this in mind, I have decided to engage this summer's safety campaign with a combat mindset: Operation Safe Summer."

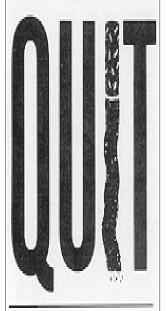
The goal this year, like every year, is to remain fatality free, said Edward Talbott, chief of AETC's ground safety division.

In 2003, 13 people in AETC died in preventable motor vehicle accidents.

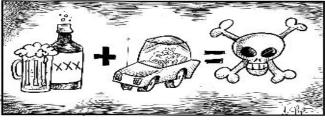
Six of them died between June and August. So far this year, seven AETC people have died in motor vehicle mishaps.

"We must do better," General Cook said. "I'm confident with the right operational mindset — both on and off duty — we can complete this summer fatality free."

There's only one way to come out ahead of the pack.









Officials: TSP good way to increase wealth

American Forces Press Service

WASHINGTON (AFPN) — Defense Department officials urge servicemembers to invest in their future through the Thrift Savings Plan.

Now is a good time for servicemembers to start paying themselves, officials said. The current TSP open season started April 15 and runs until June 30. This is the time servicemembers can start or change their contributions to their TSP account.

Servicemembers can contribute up to 9 percent of their base pay each month, and up to 100 percent of incentive pay and special pay, including bonus and combat pay. But total contributions from taxable pay may not exceed the Internal Revenue Service limit of \$13,000 for 2004.

"You're never too young or too old to start a savings account in TSP," said Gary Amelio, executive director of the Federal Retirement Thrift Investment Board and chief executive and managing fiduciary of TSP for federal employees. "The tax deferral benefits are excellent and compounded earnings are simply a phenomenal way to increase your wealth."

TSP assets total more than \$110 bil-

counts for more than 3 million participants including federal civilian employees in all branches of government, U.S. Postal Service employees and members of the seven

lion. It maintains retirement savings acment Thrift Investment Board, TSP was available only to civilian employees until October 2001, when the

program was extended to ac-

Thrift Savings Plan

•TSP has investment funds, which vary in risk and investment mixture.

•Servicemembers can contribute up to 9 percent of their base pay each month, and up to 100 percent of incentive pay and special pay, including bonus and combat pay

•TSP enrollment can be done online through the myPay Web site at mypay.dfas.mil/mypay.aspx, or by completing a TSP enrollment form (TSP-*U-1)* and turning it in at the local pay or personnel office. Enrollment forms are available on the TSP Web site at www.tsp.gov.

uniformed services.

Created by the Federal Employees' Retirement System Act of 1986, TSP is a tax- deferred savings option and lowers the taxable income for participants. The savings plan is similar to 401k plans offered by many private employers. It is separate from the military retirement system, which is based on years of service and rank.

Administered by the Federal Retire-

tiveand reserve-component

servicemembers, including the Coast Guard. The program also was extended to members of the Public Health Service and the National Oceanic and Atmospheric Administration. Guardsmen and reservists who are also federal civilians are allowed to have both a military and ci-

"If you're part of both work forces, you can have two different accounts," Mr. Amelio said. "And you can combine the accounts after you separate from either service."

But if TSP participants with military and civilian accounts exceed the \$13,000 limit before the end of the year, the plan will return the excess contributions, Mr. Amelio said.

"It's called an excess deferral," he said. The government gives matching funds to Federal Employees' Retirement System TSP participants. Uniformed services and Civil Service Retirement System participants normally do not receive matching funds, but the service secretaries can authorize matching funds servicemembers in critical military occupational specialties.

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Officials working to improve military mail system

ARMY SGT. 1ST CLASS DOUG SAMPLE

American Forces Press Service

WASHINGTON (AFPN) —

Acknowledging that problems persist in the military mail system, Defense Department officials said they are taking steps to improve the pro-

A report in April by the General Accounting Office, which oversees government agencies and spending, said long-standing problems with military mail delivery need to be resolved.

DOD officials are aware of the problems and are working to remedy them, said Charles Abell, principal deputy undersecretary of defense for personnel and readiness.

"Mail is very important to our servicemembers and their families,

and thus it's very important to the Department of Defense and (its leaders)," Mr. Abell said. "Every time we identify a glitch in the process, we move immediately to fix

According to the GAO report, more than 65 million pounds of letters and parcels were delivered to servicemembers serving in Operation Iraqi Freedom in 2003, and problems with prompt and reliable mail delivery surfaced early on.

Congress and the White House forwarded more than 300 inquiries about mail delivery problems to military postal officials, the report said.

The GAO reported that almost 60 percent of 127 servicemem-bers surveyed said they were "dissatisfied" with the timeliness of mail delivery.

Although a test of transit time for mail delivery by military postal officials showed that so-called "data test letters" arrived in theater within the wartime standard of 11 to 14 days, servicemembers said their personal



actually

took much longer to reach them.

More than half of the surveyed Soldiers from Fort Stewart, Ga., and Marines from Camp Pendleton, Calif., said they waited four weeks or longer to get mail. Others said that mail took as long as four months to work its way through the system,

the report said.

Another 80 percent said they were aware of mail that was sent to them but was not received while they were deployed.

Slow delivery can be attributed to the sheer distance the mail has to travel to reach the theater and the remote locations of some units on the ground, Mr. Abell said. Mail to Iraq is delivered either by tactical airlift, or along dangerous convoy supply routes from Kuwait and Bahrain.

Stability in Iraq will help to ease some delivery problems, because "units aren't moving around as much — we know where they are, and the logistical links to them to provide the mail," Mr. Abell said.

DOD also increased the number and size of military postal units in

Kuwait and Bahrain, Mr. Abell said, which has helped to reduce transit

Mail will be especially important as election time approaches, with thousands of servicemem-bers expected to request and mail in absentee ballots, Mr. Abell said. To ensure that votes arrive in the mail on time, deployed voters should seek out their voting assistance officers to learn more about requirements to vote in their state, precinct, borough or locality, he said.

"They have the materials and can help the individual go through the process," he said.

Mr. Abell also urged overseas voters to request a ballot no later than the second week of September. He said absentee voters should mail their ballot on or before Oct. 20.

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Team Tyndall NCO named one of AF's best

2ND Lt. Albert Bosco

325th Fighter Wing public affairs

A Team Tyndall NCO, who already has much to be proud of since earning a promotion to the rank of master sergeant on her first try, can add another victory to her credit as an Air Force level award winner.

Tech. Sgt. Lisa Graves, 325th Mission Support Squadron career enhancement superintendent, was recently named 2003 Outstanding Air Force Personnel Manager of the Year in the Base Level Personnel Manager category.

Sergeant Graves' superiors noted her high-level of professionalism, dedication and job knowledge as key to the squadron's and the wing's success.

"Sergeant Graves is a top-notch NCO," said Lt. Col. Harold Huguley, 325th Mission Support Squadron commander. "She truly embodies our Air Force core values and exhibits leadership in every respect."

Among Sergeant Graves' highlights leading to her being nominated for the award, was her personally being selected by the Air Education and Training Command inspection team during the 325th Fighter Wing's Operational Readiness Inspection in 2003 to augment inspections. Additionally, Sergeant Graves received high praise from the team due to her initiative and innovation. She developed a Unit Personnel Record Group policy, which received recognition from the inspection team as a best practice. Sergeant Graves was also hand-selected to accomplish 19 on and offbase staff assistance visits.

According to Colonel Huguley, Sergeant Graves is a valuable member of the squadron as well as the wing and Team Tyndall, due in large part to her involvement.

"She has a constant desire to learn and mentor oth-



2nd Lt. Albert Bosc

Tech Sgt. Lisa Graves, 325th Mission Support Squadron career enhancement superintendant, is the 2003 Outstanding Air Force Personnel Manager of the Year.

ers," he said. "She is truly involved in the squadron, group and wing, but also in community activities as well."

According to Sergeant Graves, her duties and mentorship are just part of the job – one she feels is very important.

"The Personnel career field is important to everybody's careers," she said. "I try to instill that in the younger troops, so they take the time to do a job right the first time. That allows the customer to not worry and be able to concentrate on doing their jobs."

While Sergeant Graves takes her job seriously, she also takes every opportunity to further her education and career.

"I believe goals are very important," Sergeant Graves said. "They help you have a sense of accomplish-

●SEE GRAVES PAGE 15

• From SAFETY Page 2

The days are getting longer and hotter, and as temperatures increase, so does the likelihood for mishaps. Two critical safety-related areas with respect to the increased temperatures and Florida weather are ensuring folks are drinking plenty of fluids and wearing sun protection.

I know folks are working hard making sure Team Tyndall's mission is getting accomplished, but make sure you are taking care of yourself while you're focusing on the mission. Our Airmen are the Air Force's greatest asset, so please take care of yourselves.

The other area I want to talk about is hurricane preparation. We are quickly nearing hurricane season once again. I can't stress enough the importance of having a game plan ahead of time. Now is a good time to get out your hurricane checklists, both at the office and at home.

We all know how unpredictable the weather in Florida can be, and a hurricane can spring up with little notice. There will be more to come on this topic in the coming weeks, but I want folks to start thinking about it now.

There is a link on the Tyndall Web site for information about hurricane safety and preparation. Go to www.tyndall.af.mil and click on information. Also, you can access hurricane-related information at the National Oceanographic and Atmospheric Administration Web site at hurricanes.noaa.gov.

Have a great, safe weekend and I'll see all of you next week.

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ANONYMOUS. DEPENDABLE. FREE RIDE.

a.a.d.d.

FRIDAY & SATURDAY 5:00PM - 5:00AM

AIRMAN AGAINST DRUNK DRIVING 867-AADD(2233)

Checkertail Salute



Airman McDowell receives the Checkertail Salute Warrior of the Week award from Brig. Gen. Larry New 325th Fighter Wing commander.

The Checkertail Clan salutes Airman McDowell, who has recently been named the Air Education and Training Command's Outstanding Feature Writer for 2003. She is the editor of the base newspaper, a job reserved for Airmen with higher ranks. Airman McDowell was selected to attend the Defense Information School's Editor's Course for her outstanding apprenticeship skills with The Gulf Defender where she redesigned the paper to improve its readability and appearance. She also volunteers in the local community.

Airman 1st Class Sarah McDowell

Duty title: Editor, Gulf Defender Time on station: One year Time in service: 1.5 years Hometown: Cleveland, Ohio

Hobbies: Going to the fitness center, intramural sports, arts and crafts.

Goals: To earn a bachelor's degree and get a commission in three years

Favorite thing about Tyndall: All of the various activities it offers within the gates, such as the fitness center, hobby shop, beach, marina, ect.

Favorite book: "The Purpose Driven

Life" by Rick Warren

Favorite movie: "Love Actually"

Seeing my mother's reaction to me saluting during retreat right after

Proudest moment in the military:

completing basic training

The Checkertail Salute is a 325th Fighter Wing commander program designed to recognize Tyndall's Warrior of the Week. Supervisors can nominate individuals via their squadron and group commanders. Award recipients receive a certificate, letter from the commander and a one-day pass.





JIM WESLOWSKI

325th Fighter Wing public affairs

When the call came in for an Air Force services team to deploy to the Iraqi war zone and establish facilities at a bare base, eleven Airmen from Tyndall's 325th Services Squadron prepared themselves to bring some small comforts to the front.

Their mission was to establish billeting, recreational facilities, a laundry system and a fitness center.

"We had two weeks notice for the deployment," said Lt. Col. Gregory Parsons, 325th Services Squadron commander. "Days prior to Oct. 26, we were put on and off notice a few times for a possible tasking as mission requirements in Iraq changed. We were as ready as possible to deploy to a bare base if the call came in. The plan was to deploy with eleven troops. After arriving, two Airmen were sent home from Iraq due to medical conditions. Nevertheless I decided our new team of nine could do the job."

With more than 24,000 U.S. Soldiers making a former Iraqi military academy one of their major logistical supply hubs in the area, improvements were needed for Airmen to start developing and sustaining air operations at the same location. The 600 and growing Airmen would call this area Balad Air Base, nicknamed "Silver City."

"Our main objective was to setup business contracts with the Kellogg, Brown & Root contracting firm to run the Services program at Balad," said Senior Master Sgt. Vyanne Roush, 325th SVS first sergeant. "But, when we got there, the contracting firm was not ready or fully

prepared to start services such as a library, fitness center, billeting for Air Force members, open a recreation center or provide laundry services for us. They were providing food service, but needed time to expand other services."

Our mission was to setup support service for Airmen from civil engineering, communications, air crews, security forces and others who were making Balad suitable for air operations."

equipment they located, valued at more than \$350,000, so Airmen had a place to relax and exercise.

"One of the best things about this deployment for me was I got to know some fellow squadron members better," said Sergeant Smith. "I'm fairly new to the squadron, and it gave me a chance to get to know everyone who deployed. We were a team. This was my third deployment to Iraq dating back to the Gulf War,

is the location I think most Air Force members will deploy to in the future, and it makes me feel good that our team established some of the comforts and basics that will help make their assignment more productive," said Sergeant Smith.

"The Air Force presence is continuing

"The Air Force presence is continuing to grow at Balad," said Colonel Parsons. "Our team was to go in and setup outsourcing contracts for services programs and piggyback on the Army's programs that were in place. It didn't work as planned. The Army had very few programs in place and their numbers were in excess of 20,000. It seemed that the Soldiers were more tactically oriented and self contained than most Airmen deploying to the area. We went there to provide the best services support possible to our Airmen."

The base is set-up similar to Fort Bragg and Pope AFB, N.C. The Army has developed the area into a major logistics support center. The Air Force has reconditioned the runway and now maintains air operations so cargo aircraft can land and depart.

One of the last large projects the team was working prior to returning to Tyndall was the setting-up the new movie tent. They acquired a large, arch-style tent "California Shelter" as they are often called, where large screen TVs will be setup to view current movies and enjoy a bag of popcorn.

"This might not sound like a milestone to someone who never deployed to a bare base," said Colonel Parsons. "But when we first arrived, we were taking showers from bottles of cold water. Human

"We went to Iraq to set-up the foundations for the Services contracts. This is the location I think most Air Force members will deploy to in the future, and it makes me feel good that our team established some of the comforts and basics that will help make their assignment more productive."

TECH. SGT. PETE SMITH 325th Services Squadron

As air operations in the Baghdad airport area were slowing down, the logistical tempo in Balad was increasing along with the number of Airmen. Air Force C-5 Galaxy aircraft now had the capability to land and were delivering supplies, saving time and fuel. More importantly, it helped eliminate some dangerous transport convoys from Kuwait and Baghdad to this Army logistic hub.

"I think the Army was a bit envious of the large amount of fitness equipment we were able to obtain in a short period of time after we arrived," said Tech. Sgt. Pete Smith."

The former New Yorker added they were even able to obtain two general-purpose shelters to setup the 29 pieces of

so I was prepared to work in all of the services areas. I think my experiences helped reassure some of the newer Airmen that we would accomplish our mission."

Although there were four contracted dining facilities setup on the base when the services team arrived, the team would have to develop other services.

"The Thanksgiving and Christmas holiday meals were great," said Sergeant Smith. "I remember eating ice cream and thinking, how did they get it to us in the desert? Sometimes it is the small things about a deployment you remember the most."

"We went to Iraq to set-up the foundations for the Services contracts. This

Gulf Defender





Courtesy pho

This club is just one of the many facilities the 325th Services Squadron established while in Balad to make life easier for Airmen deployed there.

waste had to be burned daily to prevent diseases and plumbing was just a passing thought.

"For the first two or three months after arriving we really noticed the sounds of gun fights throughout the night. Mortar attacks grew more common. Even the very last day we were at Balad, mortars were fired into the base," said Colonel Parsons. "Explosions and gunfire started to become a way of life. We constantly were hearing weapons being fired and we had to deal with death. It really made you think how dangerous it was and that it might be you next.

"All the team members came together and made lots of personal sacrifices. They excelled to make Balad more livable for others," said Colonel Parsons. "Some, and there were many, achievements that stand out include: Staff Sgt. Janice Craven who left a baby boy and husband behind to help make the holiday season nicer for everyone deployed to the base. Airman Antoinette Doctors was named Airman of the Month at Balad for her Christmas program. Airman Boyd was awarded the Secretary of Defense coin for his hard work and ability to grow in a battle zone. Airman Lugo set-up the recreation tent and computers so others would have a place to relax and send e-mails. And, Airman Summers made sure everyone had a bed and wall locker. The list of their achievements to bring services to this bar base situation is endless. Everyone worked 15-16 hour shifts and worked

whatever project was needed the most at the time."

"I think the scariest thing for me was the explosions, mortars and other unknown explosions that I heard." said Staff Sgt. Michelle McMenamin. "The explosions and gun fire seemed to never end."

"When we first deployed to the area I didn't really know what to expect from the Iraqi people. I knew some of them were the enemy. But, as I learned more about the local people working on the base and country I was deploy to, I found many things to like and people I wanted to help," said Sergeant McMenamin.

Basic living conditions were just that when the team arrived at Balad. They had cold water showers, crowed tents and port-ti-potties were the norm. Shortly before leaving, flushing toilets were installed through a contract, the fitness equipment was set-up and the laundry system they designed provide for clean clothes to wear.

"We helped each other out as much as possible," said Sergeant Roush. "Civil engineers, communications folks and services seemed to have a lot of the same goals to accomplish in making Balad a better and safer place to live. When we needed more tents or communications links we teamed up to make it happen."

"I think everyone from the Service team grew in many ways. Seeing everyone come together in making Balad a better place to stage operations from was probably the best part of the de-



Above: Staff. Sgt. Ed Flanders, 325th Services Squadron fitness specialist, puts a weight bench together while deployed in Balad.

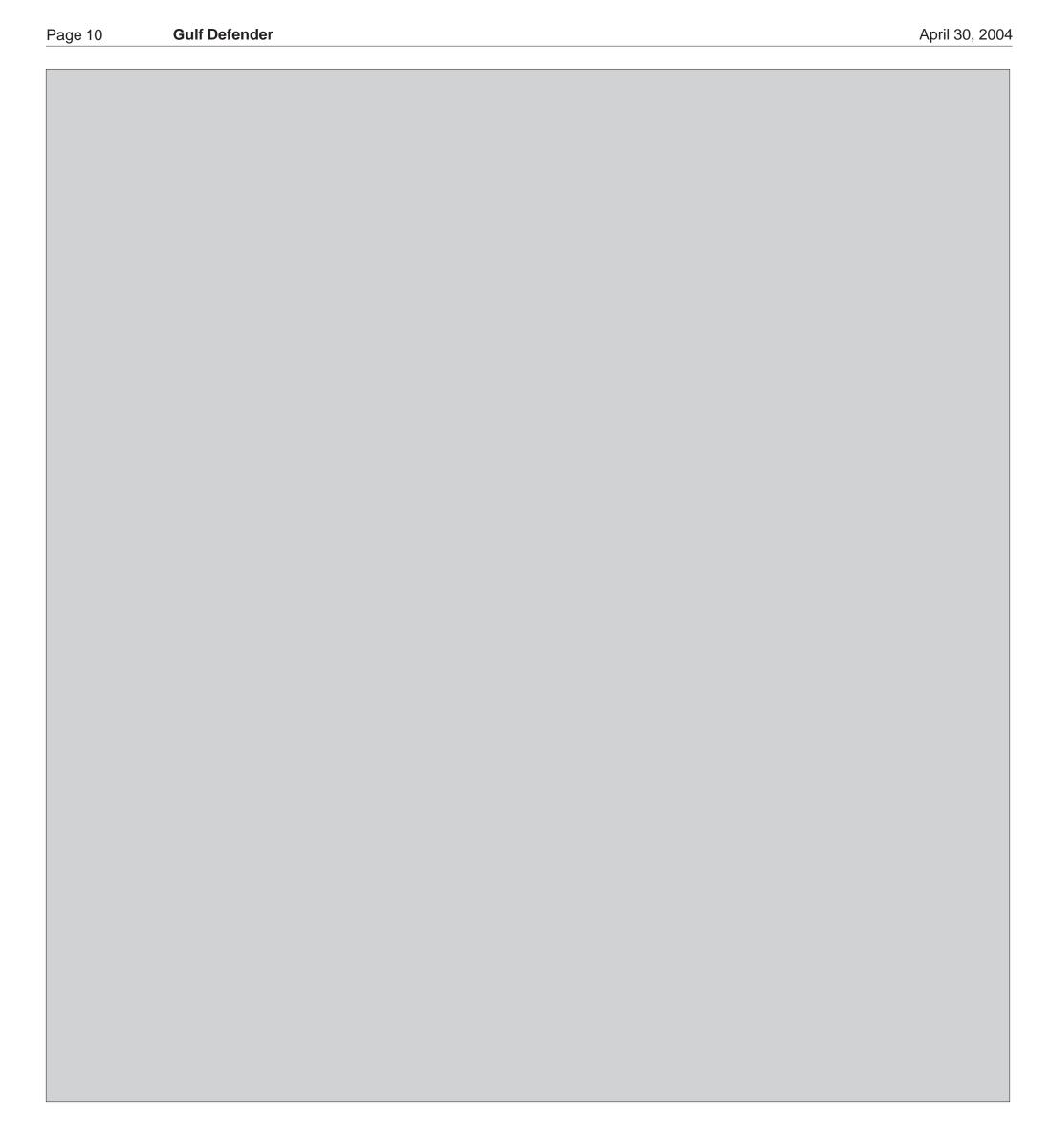
Below: Airmen 1st Class Valteau Morris, store room clerk, and Alexis Holliday food specialist, prepare food at the dining facility at the deployed location.



ployment," said Sergeant Roush.

"I think our team did a great job of bringing services to this bare base," said Colonel Parsons, "even though I feel the team should have been twice as large for the amount of work required. We came together and setup outstanding services for the Airmen in place

and for those who would rotate in. This was the first deployment for Airmen 1st Class Raymond Lugo, Troy Boyd and Airman Jon Summers, who recently processed into the squadron. I don't think they will ever forget the things they learned under fire."



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Medical clinic construction opens doors for patient one-stop shopping

CHRISTINE SULLIVAN

325th Fighter Wing public affairs

Team Tyndall can expect a new addition to the medical clinic here this summer with improvements in five different areas of health care.

The new addition and renovations are scheduled to be completed in June with flight medicine, family practice, pediatrics, women's health and internal medicine to be located on the first floor of the main clinic.

"The key to this addition is the 'clinic of the future' structure which gives providers more rooms to work out of to prevent patients from waiting for long periods of time," said Col. Sean Murphy, 325th Medical Group commander. "It also gives us a greater ability to use our technicians and nurses in the delivery of care."

"We are excited about the improvements these relocations allow us to make in customer convenience and our operating efficiency," said Capt. Ronald Greenaway, 325th Medical Support Squadron chief of construction and transition. "Our customers will be treated to one-stop shopping in Bldg. 1465 for almost all their medical needs."

The existing hospital structure was built in 1965 to serve as a composite medical facility with outpatient clinics, operating rooms, labor and delivery, pharmacy, laboratory, radiology, food services, and a dining hall. The main building and several outlying buildings acquired over the years served this purpose well until October 1999, when the 325th Medical Group closed its inpatient services and became a clinic.

"At that time, much of the space designed for inpatient care was put to use for administrative and clinical needs allowing the medical group to vacate several outlying buildings," said Captain Greenaway. "The alteration and addition project will continue this consolidation."

Construction on the pharmacy began concurrently with the new addition that will house the pediatrics and family practice clinics. The pharmacy was completed in September 2003 and final touches were added on April 19, 2004 as work continues on the addition.

"By locating the pediatrics clinic in the same building as immunizations and the



The parking lot at the 325th Medical Group clinic, shown during the construction phase here, will add 251 new car spaces, as well as 28 handicap and six motorcycle spaces.

pharmacy, as well as all of our other ancillary services, we expect to make visiting the doctor far less a burden for parents," Captain Greenaway added. "In the past, parents with sick children would have to go to one building to get their child seen and then carry them to another to pick up a prescription."

To support the addition, parking capac-

ity will nearly double with the construction of a new west parking area and a new access road next to Chapel Two. Ample parking will also be available close to the entrances. The new parking area adds 251 new car spaces to include 28 handicap and six motorcycle spaces. A circular drop-off area has also been

•SEE CLINIC PAGE 15





Honoring trees

Tyndall Elementary School students got a chance to plant an 8-foot live oak at the base's Natural Resources Center to help celebrate Arbor Day and Earth Day April 22. Ms. Lois Johnson's fifth grade class was also given a tour of the facility and instructed on how to measure the size and determine the age of trees by Dan Childs, 325th Civil Engineer Squadron Natural Resources Flight forester.

Events

Stress classes

The Life Skills Support Center is offering the following two-session classes on May 7 and 10, June 2 and 9, and July 14 and 22:

•"How to Beat Stress" from 10 a.m. to noon.

•"Depression and you" from 1-2p.m.

•"Getting a handle on my anxiety" from 3:30 - 5:30 p.m.

Classes are located in the Family Support Center classroom and are offered to everyone age 18 and over. Call 283-7511 to sign up.

Thrift Shop

The Tyndall Thrift Shop will be open for shopping Saturday from 9 a.m. to noon. Consignments may be brought in every Wednesday and Thursday from 9:30-11:30 a.m. Twenty items may be consigned each day (10 of which may be spring/summer clothing). Regular shopping hours are 9:30 a.m. to 12:30 p.m. Wednesday through Friday.

The Thrift Shop is located at 743 Suwannee Drive across from the post office. Phone: 286-5888.

Hurricane briefings

In preparation for the upcoming hurricane season the 325th Civil Engineering Squadron Readiness Flight will be conducting hurricane preparedness briefings at 9 a.m. every Monday in May in the Enlisted Club.

All base personnel and their dependents are encouraged to attend.

For more information, contact the Readiness Flight at 283-2010.

Retiree X-rays discontinued

Due to an anticipated manning shortage, the Tyndall Dental Service will have to temporarily discontinue its radiograph (x-ray) service for retirees starting Monday. This service is scheduled to resume in Septmeber.

AF Honor Guard now recruiting

The Air Force Honor Guard is currently seeking members to train and perform in the AF Honor Guard. NCOs and Senior NCOs interested in joining can visit the Tyndall Honor Guard office located in Bldg. 1015.

Members must be at least 5-foot-8 inches tall to join. For more information about the AF Honor Guard visit the Web site at www.bolling.af.mil/orgs/OG/HG/ index_HG.htm

Capella University

There will be an education information session for military and civilian personnel with Capella University 1 - 3 p.m. Wednesday at the Tyndall Education Center. For more information, call Donna McDougal, Capella University 888-227-3551 ext. 5556.

Retiree news

World War II Memorial To Open Last Week In April

Soon visitors wandering about the National Mall in Washington, D.C., will see the new memorial dedicated to the nation's World War II veterans. The 7.4acre site between the Washington Monument and the Lincoln Memorial still needs some fine-tuning of small items, but the memorial will be ready for opening the last week of April.

Anyone planning to attend the dedication ceremony who does not have a ticket should visit the memorial's Web site at www.wwiimemorial.com to find

out about alternate nonticketed viewing areas in the city, or to view the ceremony on television.

Classifieds

2003 Dodge Ram SLT Quad cab

Hemi, nerf bars, tow package, 21K miles, graphite, beautiful truck, asking pay off, approx. \$24,500. (850) 648-3068.

Husky stand up scooter

3.5HP Briggs & Stratton (25 mph), hand brakes, fun to ride, \$150. Call 648-3068.

2001 Yamaha XL 800 Waverunner

With Westco trailer; 64.2 operating hours; new battery; just tuned up for summer; excellent condition; \$6,000; call Stephen or Lesa at 769-3849 for details

Household items:

Crate and Barrel veranda sofa, \$750firm; bunk bed-solid wood, \$150 w/free twin mattress; Beauty Rest queen mattress and box spring-, \$275; Sealy Posture Premier full-size mattress; \$75; Game-Boy Advance games, \$10 each; solid wood dining table w/leaf, \$250 includes 4 wood

chairs. Call 286-1824 or 624-3267.

Wanted:

White wicker furniture set. Call 648-3068

Garage Sales

There will be a garage sale from 8 a.m. to 4 p.m. Saturday at 2972 Sidewinder St.

Chapel Schedule

Catholic services will be held at Chapel 2:

Daily Mass, 11:30 a.m. Monday-Friday Reconciliation (before Saturday Mass or by appointment)

Saturday Mass, 5 p.m.

Sunday Mass, 9:30 a.m.

Religious Education, 11 a.m. Sunday.

Protestant services at Chapel 1:

Communion service, 9:30 a.m., Chapel 1 Religious Education classes, 9:30-10:30 a.m. in Building 1476

General Protestant service, 11 a.m., Chapel 2.

Motorcycle training may save your life

MASTER SGT. DARRYL PLUMB

1st Air Force legal office

Since coming to Tyndall to serve at 1st Air Force as a member of the legal office, I have seen a lot of material and heard many discussions on motorcycle safety, which has become an item of interest for Air Force Chief of Staff Gen. John Jumper.

I began riding motorcycles early in my Air Force career. I started with a dual sport bike and then rode a smallish cruiser, and after seven years of not riding, due to a PCS assignment overseas, I started back up and jumped up to a 900 cc bike, and finally a full-dress road machine.

When I'm not wearing the Air Force uniform, I serve as a motorcycle officer with the Reno Police Department, a job I've held for four years.

Throughout my riding career, I never went through any formal training, and I thought I knew how to ride a motor-cycle. Four years ago, I realized I knew less than I thought.

I was selected to attend my department's motor school, which consisted of two forty-hour-plus weeks of training. At any time, you can be removed from the school, and sent back to patrol duties. This was the toughest school I have ever attended, in either law enforcement or the military. The physical demands of the training are intense, but the mental training that you go through can be just as exhausting!

This training, however, has come to save my life on several instances, some of them involving accidents while on duty. If I didn't have the experience and the training, those accidents might have turned out differently.

One incident involved a motorist who pulled out of a parking lot into my lane of traffic.

Using the skills that I had learned and practiced, I quickly

slowed but saw that I could not avoid colliding with the car. Under threshold braking (just prior to skidding) I slowed enough to just tap the rear quarter panel of that car. Fortunately, no one was injured, there was minimal damage to the car and my bike only sustained a scraped engine guard.

Riding a motorcycle involves many similar skills used in driving a car, and many more that have nothing to do with an



"Riding a motorcycle involves many similar skills used in driving a car, and many more that have nothing to do with an automobile."

MASTER SGT. DARRYL PLUMB
1st Air Force legal office

automobile. If you wish to take up motorcycling, seek out the training. Many different sources have schools, including your local department of motor vehicles, the Motorcycle Safety Foundation and others. If you have not attended a course in a while, or are rejoining motorcycling, take a refresher course or the Experienced Riders Course.

Had I not been trained the outcomes of my accidents could have been tragic.

Some tips for those desiring to ride, or who currently ride, that may save your life.

- Know the laws Some states allow lane sharing (or lane splitting), others do not. Motorists in those states know this, and if you illegally lane share, they won't be looking for you, and you run the risk of injury.
 - Wear protective gear/clothing During the summer, I

may wear a t-shirt while riding my bike, but I still wear my helmet, gloves, jeans and boots. I have seen many riders who have had accidents while wearing shorts and sandals and the results are never pretty.

- Always wear a helmet Some states like Florida don't require it, but it doesn't take much to turn your brain to mush when your head hits the pavement, even at slower speeds.
- Know your limits If you're riding with a group and some of the other riders want to ride faster than you are comfortable with let 'em! Besides, you'll see more of the scenery. Also remember that having a passenger or extra gear can alter your riding ability if you are not used to it.
- Be aware or your surroundings I have had other motorists look right at me and then pull out in front of me. They told me they never saw me, but I saw them and knew what was coming, and I was able to avoid a collision. Also, look out for those basketballs rolling between parked cars into the road, and the child running after it.
- Check out the road ahead ... far ahead If you are looking down just in front of your front tire, you've already passed it. If you look at the rock in the middle of the road, you will hit it. If you are looking at the car door that just opened in your path, you will hit.
- Head check Use your mirrors, but don't rely on them. Always turn your head, use your peripheral vision and mirrors, then change lanes or turn, etc.
- Clutch/throttle This is where your bike's power comes from. Proper use of the clutch and throttle will help to get you out of a sticky situation.
- Have fun Ride because you want to, not because you have to. I enjoy riding, and have met some wonderful people because of it.

Good food, fun at birthday meal

STEVE RIDDLE

325th Services Squadron publicist

The Berg-Liles Dining Facility here is always striving to serve quality food in a pleasant atmosphere, and their Birthday Meal program is just one more example of that dedication.

Twice a year, Berg-Liles serves a Birthday Meal of steak, lobster tail, and fried shrimp to their patrons, but they also offer more than just a great dinner.

"We serve a formal meal, but we also make a theme for the event," explained Staff Sgt. Mynor Sanchez, a shift leader at Berg-Liles. "We also have a lot of prizes we give away."

This year's April dinner had a spring break theme, according to Sergeant Sanchez, and the October theme usually has a Halloween flavor.

Most people aren't sure when this program started, but judging by the attendance at the April 23 dinner, it seems to be catching on.

"We had 39 people at the last one," Sergeant Sanchez said. "It's the most successful

one we've had."

According to Mission Support Group Commander Col. Martin Sayles, the Birthday meal is a special way to get face-to-face with the troops and tell them what a good job they are doing.

"The Birthday Meal is a great opportunity for commanders and first sergeants to show our appreciation and thank the troops for their hard work and dedication to duty," Colonel. Sayles said. "It's a huge morale booster for our troops." Several traditions have sprung up with the program – one being that commanders, chiefs, and first sergeants are usually the ones who serve the meal. Colonel Sayles followed that tradition, and said he couldn't have been happier.

"It was indeed an honor to serve meals and celebrate this special day with members of Team Tyndall," he said. "I look forward to participating in the future."

To inquire about the next Birthday Meal, contact Berg-Liles at 283-2239.



Steve Riddle

All clear

Staff Sgt. Jermaine Barksdale, 325th Aeromedical Dental Squadron bioenvironmental engineering technician, checks the Ph levels of the base pool April 23. The pool's chemical levels are checked daily by utility workers or lifeguards, and weekly by members of the 325 ADS.

The pool opens today with a squadron swim meet at 9:30 a.m. Registration begins at 8:30 a.m. During the summer months there will be swimming lessons, free water aerobics, and free lap swimming available.

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tunshine NEWS



April 23, 2004 www.325thservices.com

E Club Karaoke in the Zone

April 29, 6-10 p.m. Featuring a Shotgun Karaoke Contest (members only) Compete for prizes.



283-4357

Leisure Travel

© 283-2864

Cruise Alaska

May 31. 7-nights, fees, port & taxes, roundtrip air & transfers plus more starts at \$1820 per person. Call for additional perks and pricing.

Sporting Event Tickets

Through a joint program with Hurlburt Field, we have tickets and transportation to several sporting events such as the Kentucky Derby, NASCAR series, and baseball spring training.

Bonita Bay

© 283-3199

Squadron Challenge Swim Meet

April 30, Base Pool. 4 events: There will be a sports rep meeting 1 p.m. April 2 at the base library, Freestyle; Backstroke; Butterfly; and 4 person Relay team (two women and two men).

Horseback Riding Lessons

Available for youth of all ages. Call for info.

Air Force Club Scholarship Program Entry deadline is July 15. Six scholarships will First place be awarded to AF is \$6,000 Club members or their eligible family members. Applicants must be accepted by, or enrolled in, an accredited college or university graduate or undergraduate program by fall of 2004. Information packages with complete instructions and requirements are available from the business office 283-4357 for more information Sponsored in part by: Bank One, Coca Cola and Master Card.

No federal endorsement of sponsors intended.

Berg Liles

© 283-2239

Spring Bling

Semi-annual Birthday Meal April 23, 5 p.m. Menu: Steak, Lobster tail, Shrimp, Twice Baked Potato, Onion Rings, Corn on the Cob, Broccoli, Sauteed Mushrooms and Onions, Shrimp Cocktail, Dinner Rolls, Ice Tea, Cake and Ice Cream Eligibility: SIK Customer and one guest SIK customer must have had a birthday between Nov. 03 and April, 2004 If the guest is BAS, the cost of the meal is approximately \$22 Questions? Call 283-2239.

SIK Card Holders

Looking for a new taste of food at your Berg-Liles dining facility? Well come join us on April 30, 2004 at 12:30 p.m. We are having a great food show. This will give you a chance to let us know what you would like to see on the food line.

For any questions please call SrA Tasha Goodrich at 283-2239



Community Center

© 283-2495

Ballroom Dance Classes

Starts May 7. 6:30-8 p.m. Instructor Rus Knight. Learn to Waltz, Cha-Cha, Swing, Slow Dance & Disco. Cost is \$65 per couple, \$32.50 per single per 4 week session. Deadline to sign-up is April 30.

Guitar Instructor Needed

Make money \$\$\$! Teach guitar at the CAC.

Table Tennis Tournament

April 24, 1 p.m. Best 2 out of 3. Double elimination. Awards for 1st & 2nd place.

Music Room

We have drums, keyboards and guitars available for you to play, all in one room.

Fax Services Available

Ship Fed Ex with Us!

Fed Ex Express Services Which include:

Priority Overnight Economy 2 Day Standard Overnight Express Saver 3 Day

Our rates beat the others!

Packages must be at the Community Center by 1:30 p.m. for Overnight. Exclusions exist. Limit 10 lbs. Call the CAC for details: 283-2495

Worldwide Air Force

Colossal Cookie Challenge

May 21, 1 p.m. CAC Ballroom

Sign up by May 14. Awards and certificate will be given to the 1st, 2nd, and 3rd place in each category. Top winner in each category will compete at Command level. Event open to all active duty members, DoD civilians, contractors, military dependents &



All Ranks Lunch

at the

Mon.-Thurs.: \$6.95 ■ Friday: \$7.95 11 a.m.-1 p.m.

Unlimited access to the daily buffet, salad bar, fountain soda, tea & coffee!

Includes Fresh, Hot, Carved Meat Sandwiches on Kaiser Roll

Monday	Chef's Choice
Tuesday	Italian
Wednesday	Oriental
Thursday	All American
Friday	Seafood card to receive a \$1 discount!
*Members show your club	card to receive a S1 discount

On Base Food Delivery

- Lunch Menu: Mon.-Fri. 11 a.m.-1 p.m.
- Evening Menu: Fri. & Sat. 5:30-9 p.m.

Subs & Pizzas 286-2900

Crazy Cash Give-away at the O' & E Clubs Fridays

during Social Hour.

Jackpot starts at \$100. The first member name drawn is for the jackpot. If there is no winner \$25 will be added to next week's jackpot (max. \$500). Once the name is drawn the winner has 5 minutes to claim their prize. If the winner fails to claim their prize a second drawing will be held from bar receipts for \$25.

283-4357 for details

Youth Center

© 283-4366

Start Smart Basketball

May 7, 14, 21, & 28. 10 a.m. Cost is \$30. Is your 3-5 old ready for recreational basketball league? Sign up for Start Smart Basketball and work one-on-one with your child developing basic skills.

USA Tennis

Tennis anyone? Sign up for USA Tennis for ages 5 & up and learn basic skills in a fun group atmosphere. The program runs May 8, 15, 22, 29 at 9 a.m. and cost is \$30. Call Andy at 283-4366 for more details.

Start Smart Baseball

Is your 3-5 year old ready for recreational baseball leagues? Sign up for Start Smart Baseball and work one-on-one with your child developing basic skills. The program runs May 5, 12, 19, 26 at 10 a.m. and cost is \$30.

Surf Class

May 1 at noon. Cost is \$40. Surfs up! Are you ready to catch a wave? Sign up for the Youth Surfing Clinic for ages 8 and up. Learn basic techniques from certified instructors.

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added in front of the new addition.

"We are very excited about the positive impact this project will have on our patients," said Captain Greenaway. "We appreciate the understanding and patience that everyone has shown while we undergo this transition."

"The 'one team - one fight' attitude we have in the clinics is crucial, and power more easily," Colonel Murphy said. "The key is to create more room for more people in a high qualityof-life environment."

After the additions are completed in June, contractors will begin renovating the second floor to add both the optometry and physical therapy clinics. The expected completion date for the second floor remodeling is scheduled for the first quarter of 2005.

The 325th MDG began a two-year, \$7.7 million construction project Nov. 19, 2002 to improve patient convenience, consolidate services and update its pharmacy,

physical therapy and optometry areas. This completed project will provide more than 23,000 square feet in new additions and renovations of more than 17,000 square feet of space in the existing clinic.

Changes were prompted by a combination of events and ideas, according to Captain Greenaway.

"The Air Force Health Facilities Office recog-The 'one team - one nized a need to construct we're now able to share fight' attitude we have in new exam rooms here, we resources such as man- the clinics is crucial, and had feedback from pawe're now able to share tients concerned about having to go from one building to another to complete their care, and the staff recognized they could be much more productive if they could share

> resources from within one building," he said. "By placing all our primary care providers on one floor in one building, they will be able to interact with and move more freely on patient care decisions."

resources such as man-

COL. SEAN MURPHY

325th Medical Group commander

power more easily."

"It brings our clinics under one roof and gives the medical group and its staff more of what I like to refer to as a mindset of this being 'our house' now." Colonel Murphy said.

• From GRAVES Page 6 ment and something to aim for."

Sergeant Graves achieved several personal goals including completing the requirements to earn a Community College of the Air Force degree in Business Administration. But, she didn't stop there. She continues to aim high, setting new goals for herself. Once she was selected for promotion, she quickly seized the opportunity to enroll in the senior NCO enhancement course.

While Sergeant Graves is proud of her accomplishments, she credits her coworkers for her being able to reach her goals.

"I would not have been recognized without the hard work and accomplishments of my co-workers," she said.

Sergeant Graves has a long list of achievements to be proud of, but Colonel Huguley believes it is her commitment to excellence that earned her distinction as the Air Force's best.

"Her willingness to inspire her subordinates and coworkers to surpass their own expectations earned her this award," he said. "This is a true landmark of a leader."





